

Reception PE Builder – Physical Development

(by the end of)

Early Learning Goal/s:**For Example:**

Demonstrate strength, balance and coordination when playing

Learning walk - Children will demonstrate spatial awareness while they are playing inside and outdoors. They will be able to walk, run, hop and choose how they move around.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Small apparatuses - Children will be able to throw and catch bean bag/ball.
Large apparatuses /Gymnastics – Children will be able to climb up the ladder and slide down.
Children will be able to walk on a balance beam, jump down and land safely.
Athletics - Children will be able to race and jump over hurdles
Dance - Children will be able to move to the tempo.
Children will be able to copy some dance movements such as the Chinese Dragon dance, the Dandiya dance etc.

Expectations entering Yr 1:

- progress towards a more fluent style of moving, with developing control and grace
- confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group

YR1 themes

Movement/ balancing and spinning on points/ net and wall games/ Athletics